

Sleep Management

Description

Service Description

For advice and support around sleep management, visit the following website by

Scope: [www.scope.org.uk/help-and-information/ cerebral-palsy-and-associated-impairments/sleepdifficulties-children](http://www.scope.org.uk/help-and-information/cerebral-palsy-and-associated-impairments/sleepdifficulties-children)

The following professionals may be able to offer advice on basic sleep hygiene measures:

- Health visitors
- GPs
- Education Psychologists
- Disabled Children's Outreach Service

Contact a Family offer a range of publications produced for parents and groups concerned with the care of disabled children. There is a useful publication on sleep management that offer parents and carers information on how to help their child sleep. For a copy of the publication, contact the organisation's Freephone helpline on 0808 808 3555

Additional Information

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Costs

Cost

Free

Questions & Answers

Can Families Self-Refer To The Service?

Yes

Do You Have A Waiting List? No

Do You Have Child Protection Policies And Procedures

Yes

Eligibility - Can The Service Be Accessed By Extended Family Members Or Carers

Yes

Further Information

Provider Type

Parent Support |

Suitable For

Tourette's |
Severe Learning Difficulty (SLD) |
Profound & Multiple Learning Difficulties (PMLD) |
Physical Disability |
Multi-Sensory Impairment (MSI) |
Moderate Learning Difficulty (MLD) |
Epilepsy | Specific Learning Difficulties |
Long Term Medical Conditions |
Downs Syndrome |
Speech, Language & Communication Needs (SLCN) |
Specific Learning Difficulty | Dyslexia |
Complex Needs |
Social, Emotional, Behaviour Difficulty (SEBD) |
Attention Deficit Hyperactivity Disorder (ADHD) |
Visual Impairment |

Delivery Channels

Telephone |

Referral Criteria

None (Self-referral) |

Provider

Parent Support

Disabled Children's Outreach Team And Children With Disabilities Social Care Team

Contact Details

Telephone No

0808 808 3555

Website

<https://contact.org.uk/>

Opening Times

| | | |
|------------------|-------|-------|
| Monday | from | to |
| | 11:00 | 16:00 |
| Tuesday | from | to |
| | 17:30 | 19:30 |
| Wednesday | from | to |
| | 11:00 | 16:00 |
| Thursday | from | to |
| | 11:00 | 16:00 |
| Friday | from | to |
| | 11:00 | 16:00 |

Visit service website

Similar Organisations

Disabled Children's Outreach Service - D C O S